

Unil.



VOYAGE VERS UN FUTUR DÉSIRABLE La Suisse à l'intérieur du Donut ?

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PhD student in ecological economics,
Event Manager at the Competences
Center for Sustainability

20.11.2025 – *La Chaux-de-fond*
Ralentir et Agir – Collectif RTE, Après-BEJUNE

LA THÉORIE DU DONUT

L'ÉCOSYSTÈME TERRESTRE...

- Neuf **limites planétaires**
(Rockström *et al.* 2009)



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LA THÉORIE DU DONUT

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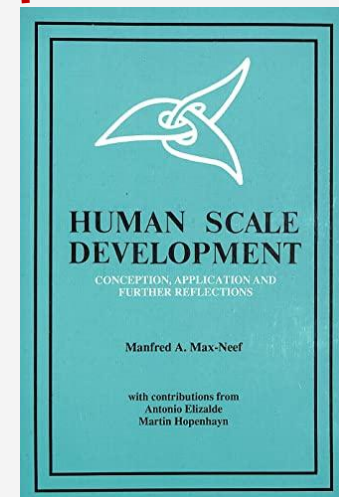
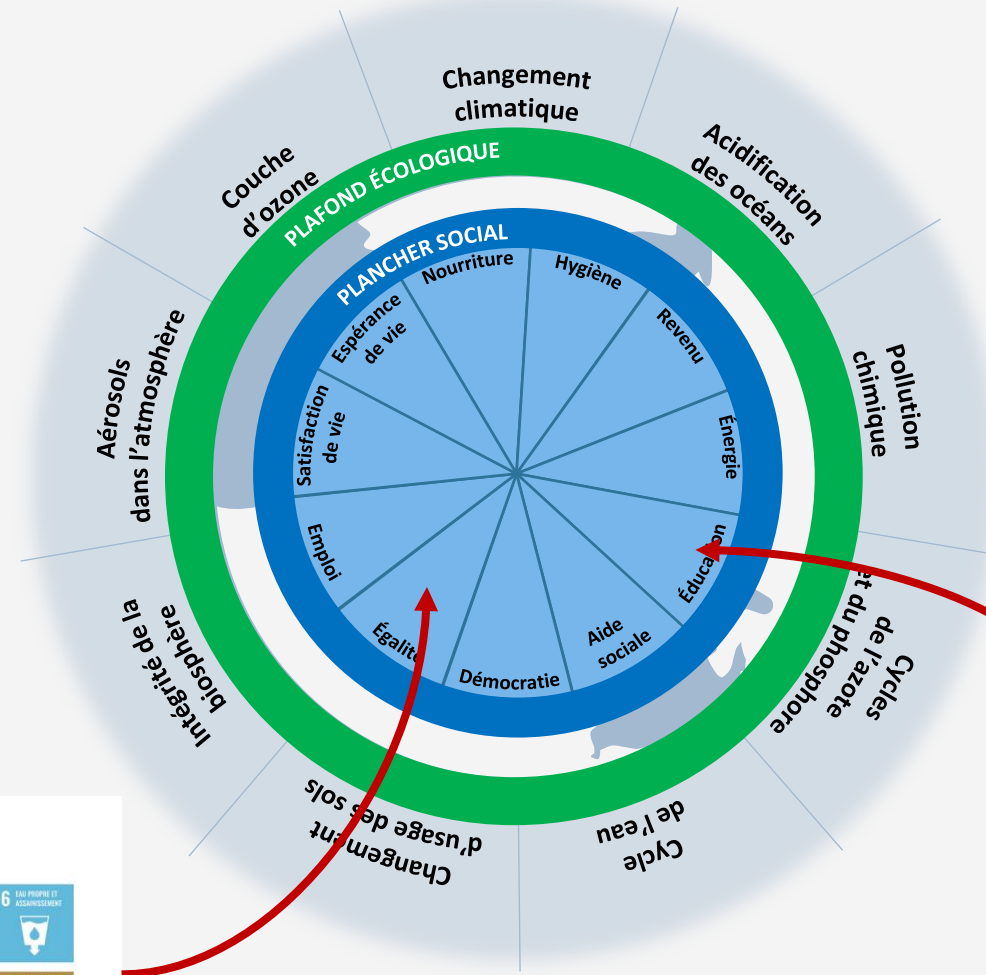
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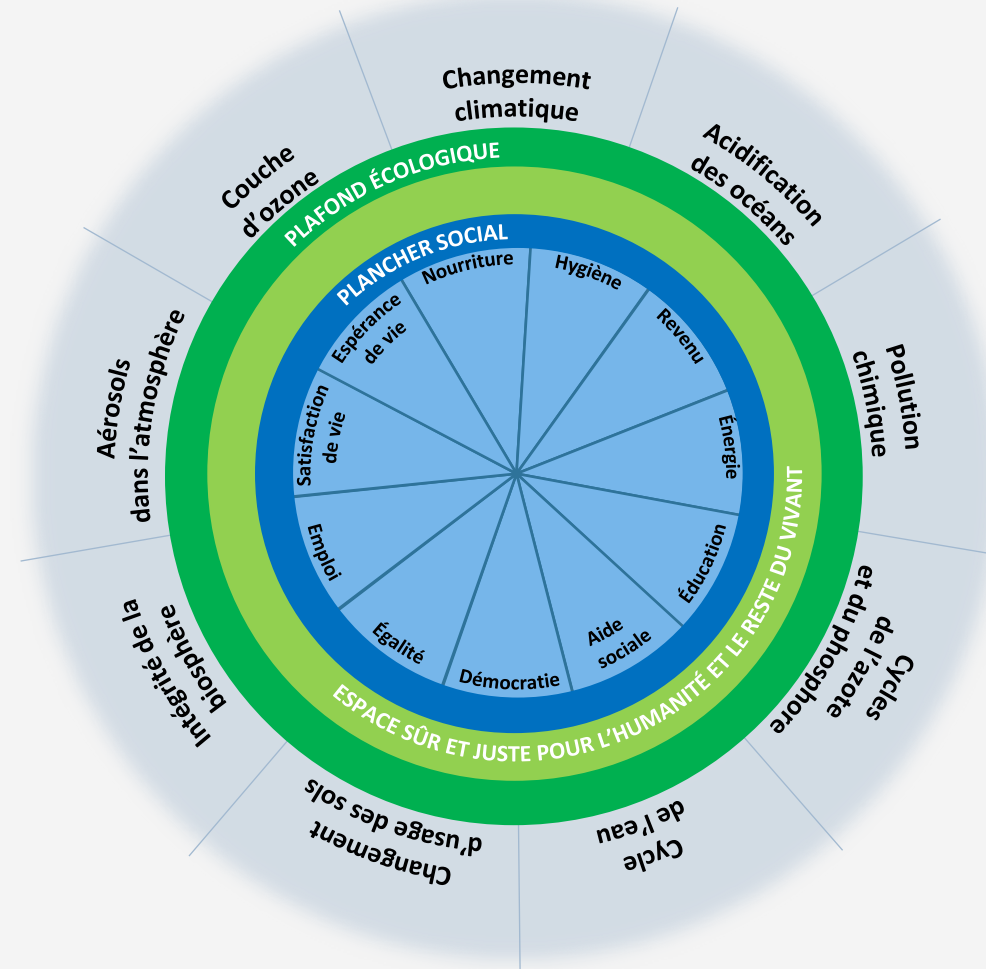
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- se dessine un **espace juste et sûr pour l'humanité** : le **Donut** de Raworth (2012)

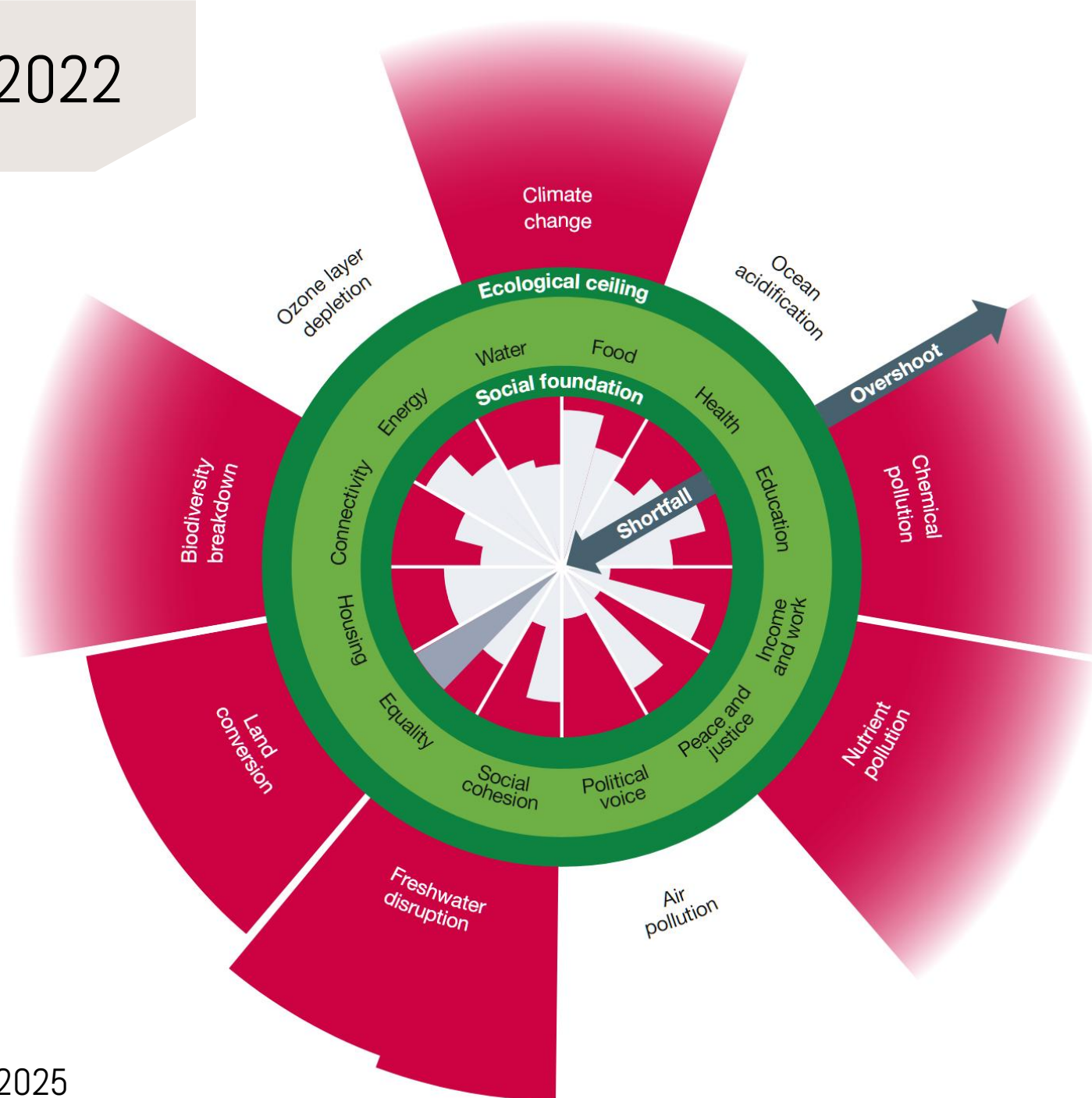


selon Raworth (2017)



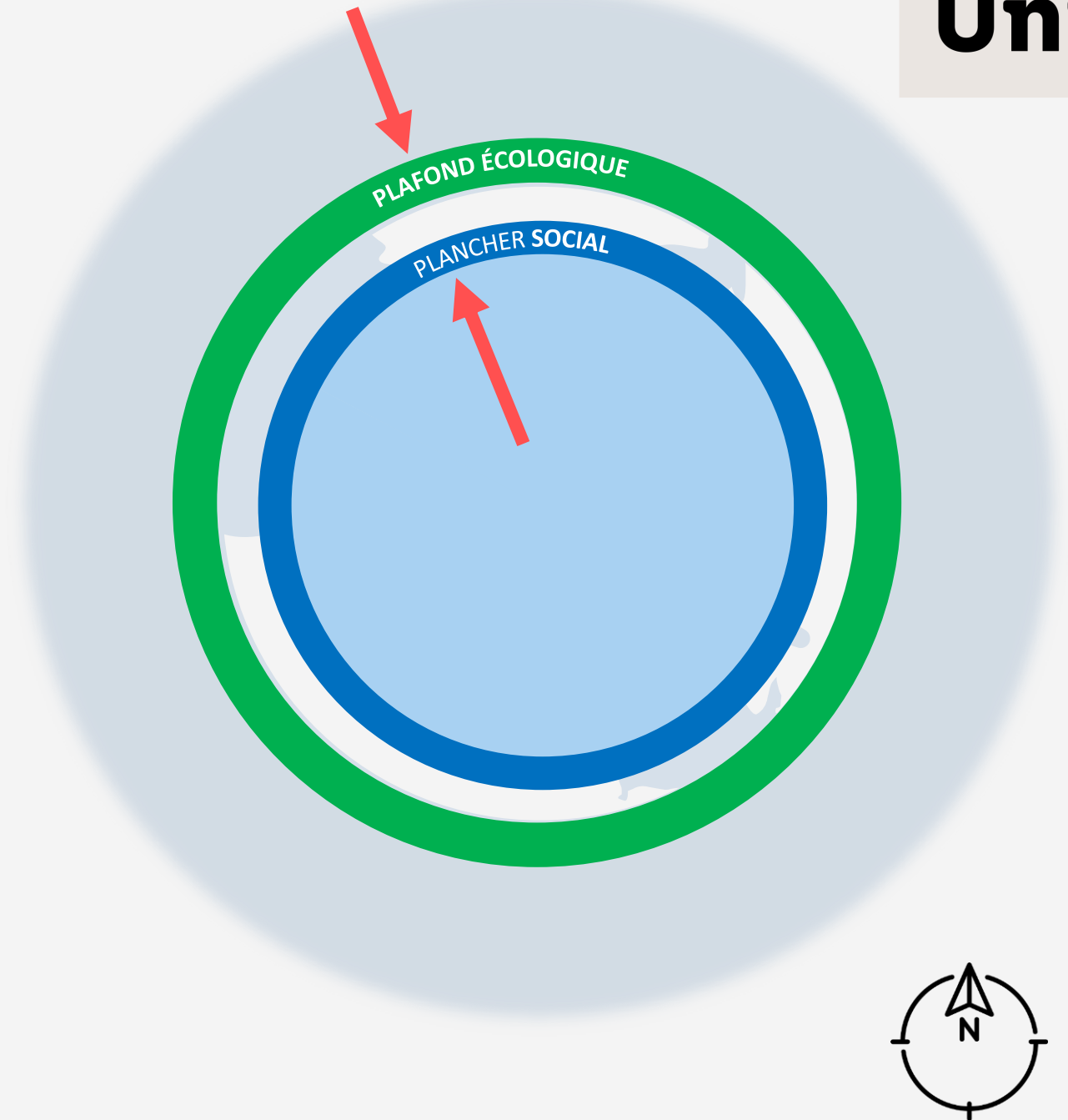
LE DONUT DE 2022

Unil.



Transition écologique et sociale selon le Donut

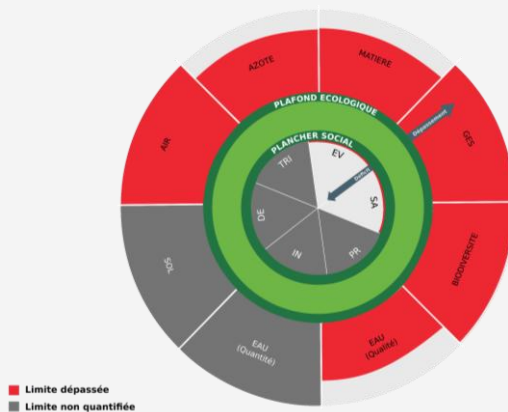
Processus de transformation qui vise à faire entrer la société « dans le Donut »



LA THÉORIE DU DONUT

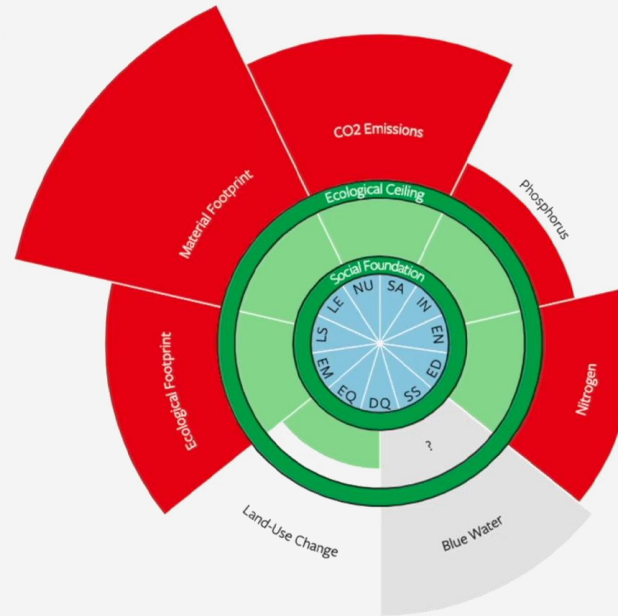
UN GUIDE POUR LA TRANSITION ÉCOLOGIQUE LOCALE ?

- ✓ Une boussole théorique
- ✓ Un outil de diagnostic à différentes échelles
 - Globale
 - Nationale
 - Régional



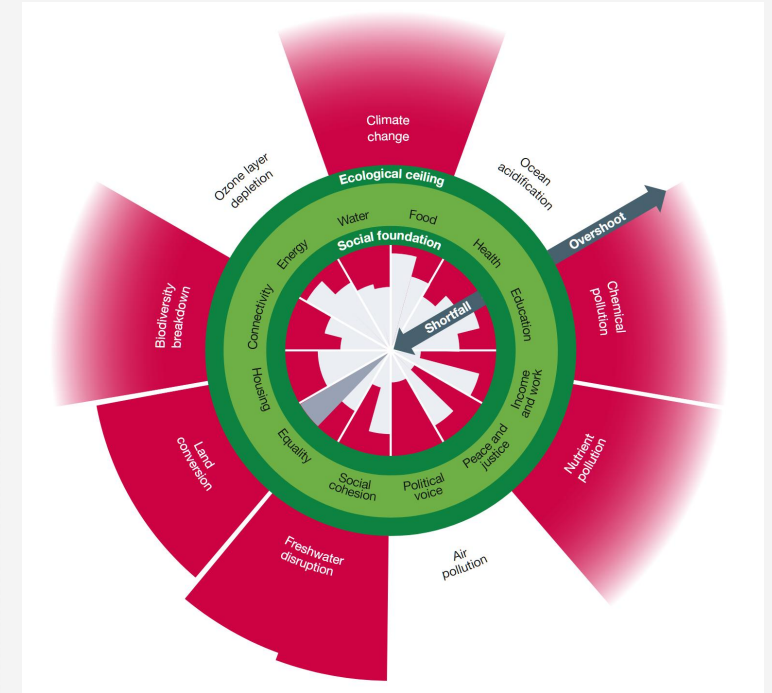
Grand Genève, 2022

CCD Unil, 2022



Suisse, 2015

O'Neill et al. 2018



Monde, 2022

Raworth et Fanning 2025



LA THÉORIE DU DONUT

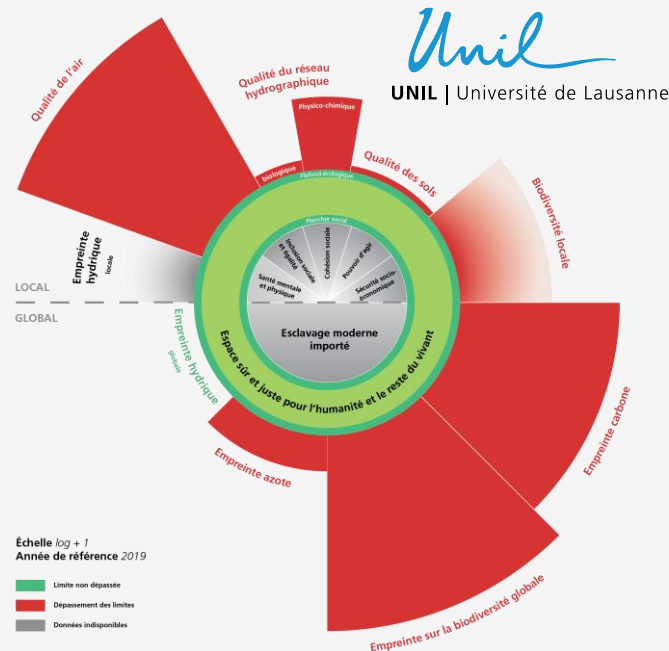
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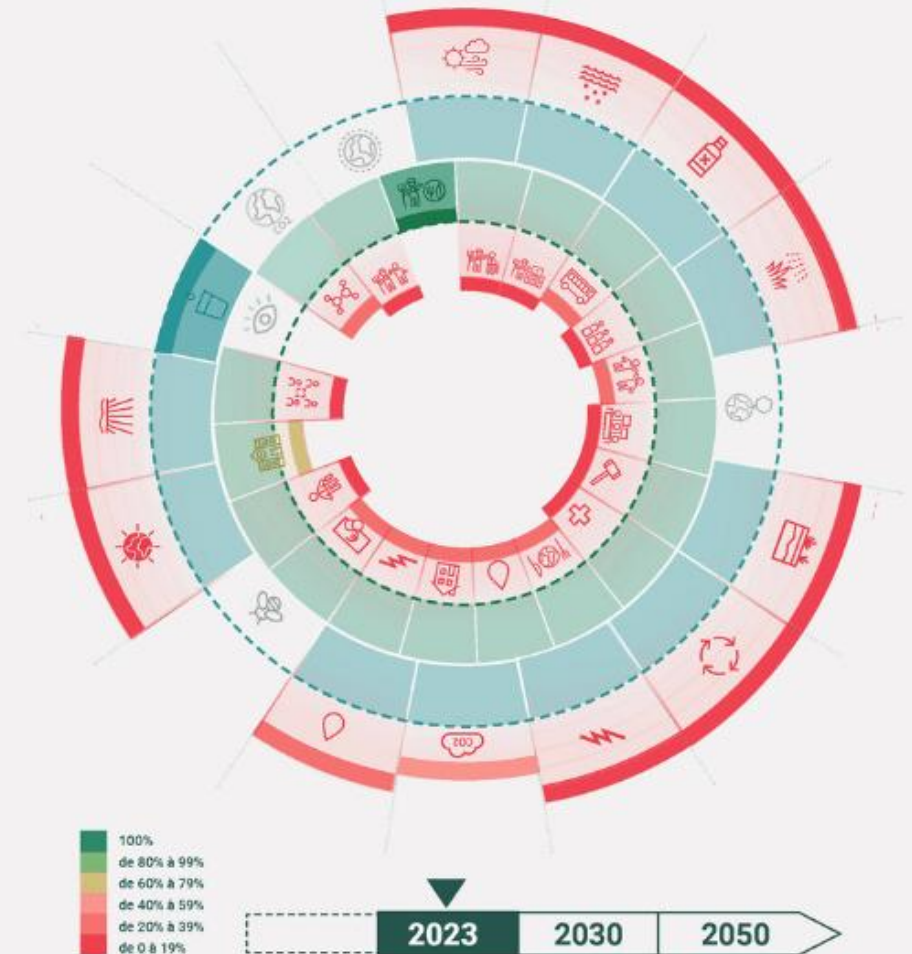
- Globale
- Nationale
- Régionale
- Locale
- Institutionnelle

- ✓ Un outil de changement

- Vevey
- Orsières
- Meyrin



Brussels, 2022





QUE SIGNIFIE LE DONUT POUR LA SUISSE ?

Territorialisation du
Donut à la Suisse

STRIVE

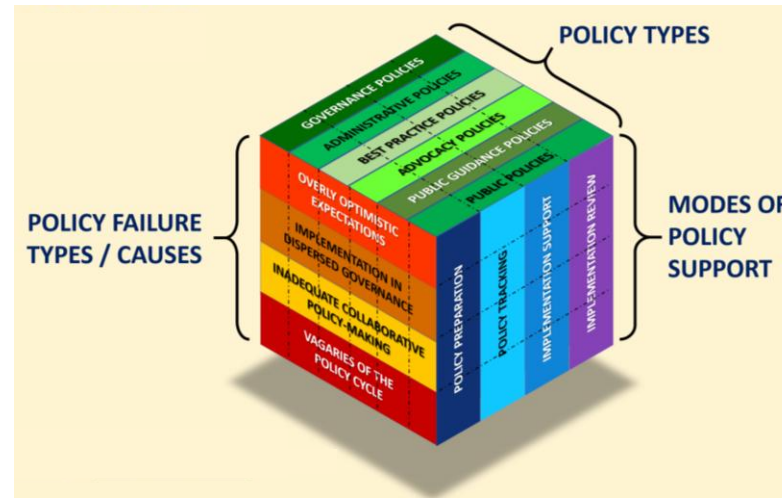


2050



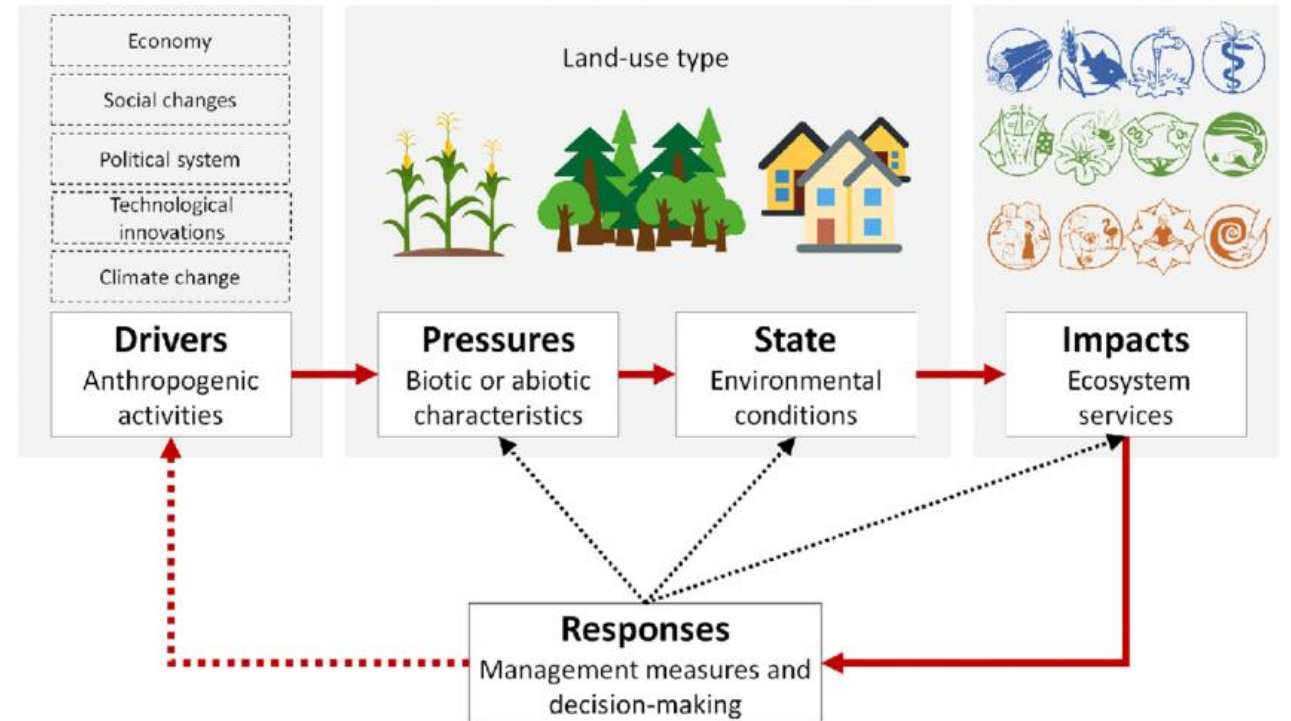
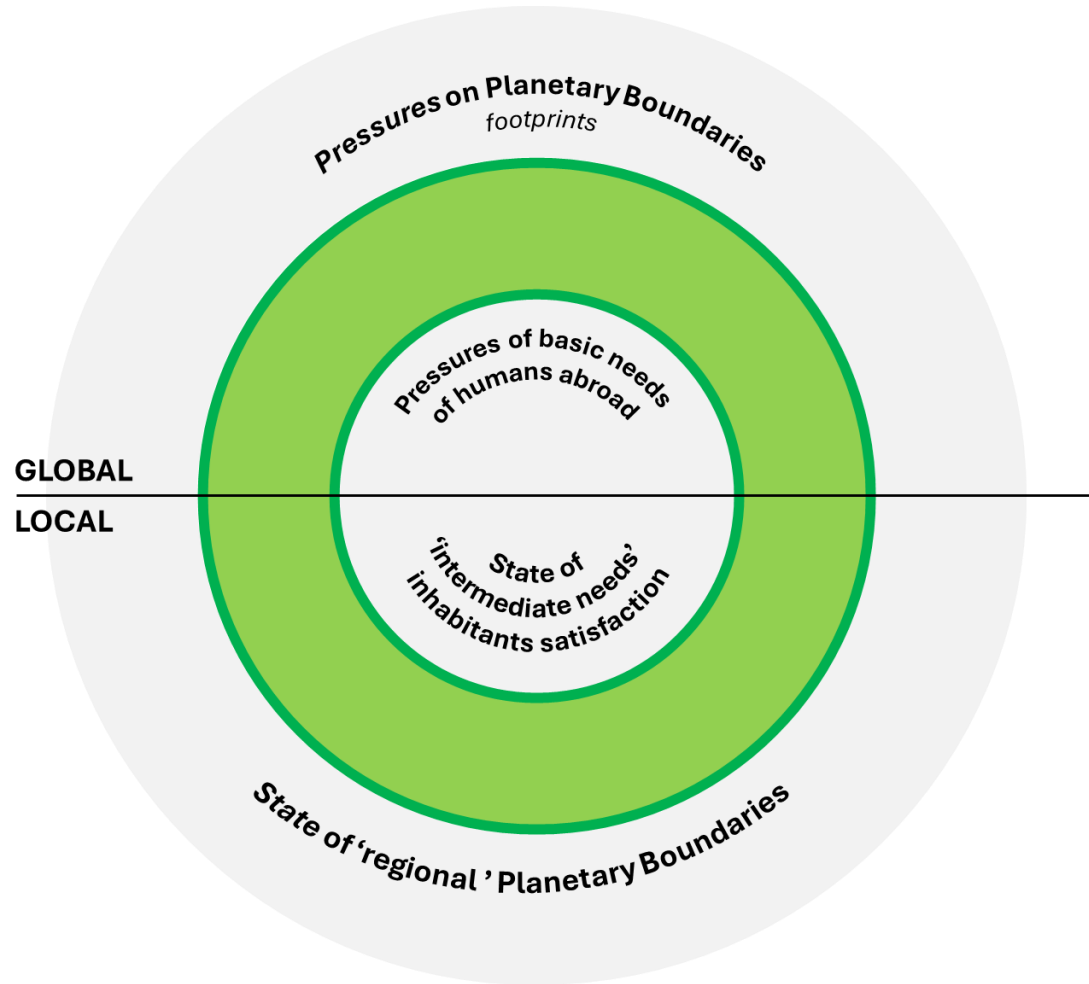
How can we plan
for sufficiency as a lever for
the ecological and social transformation
towards a post-growth society in Switzerland?

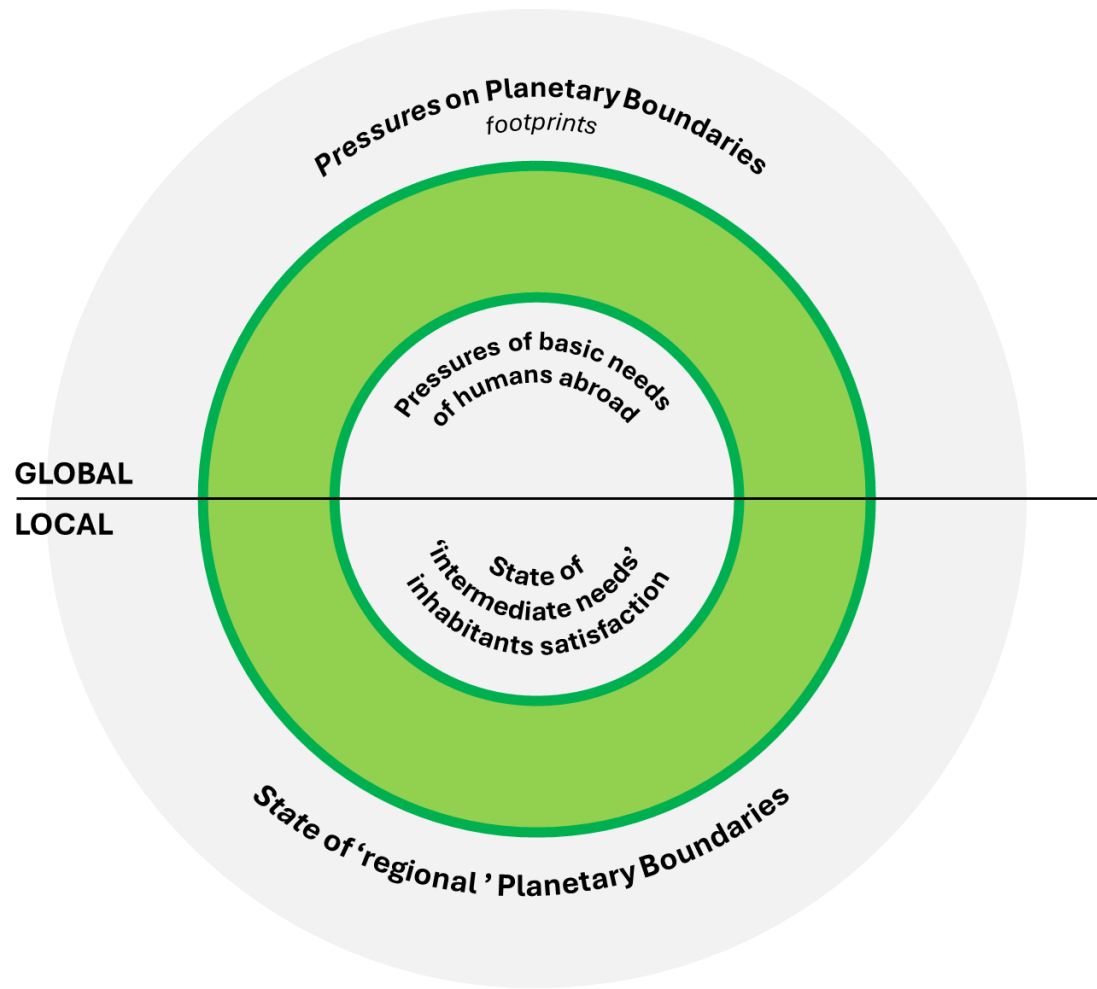
Planning for Transformation



WP3
Law & Institutional Compatibility

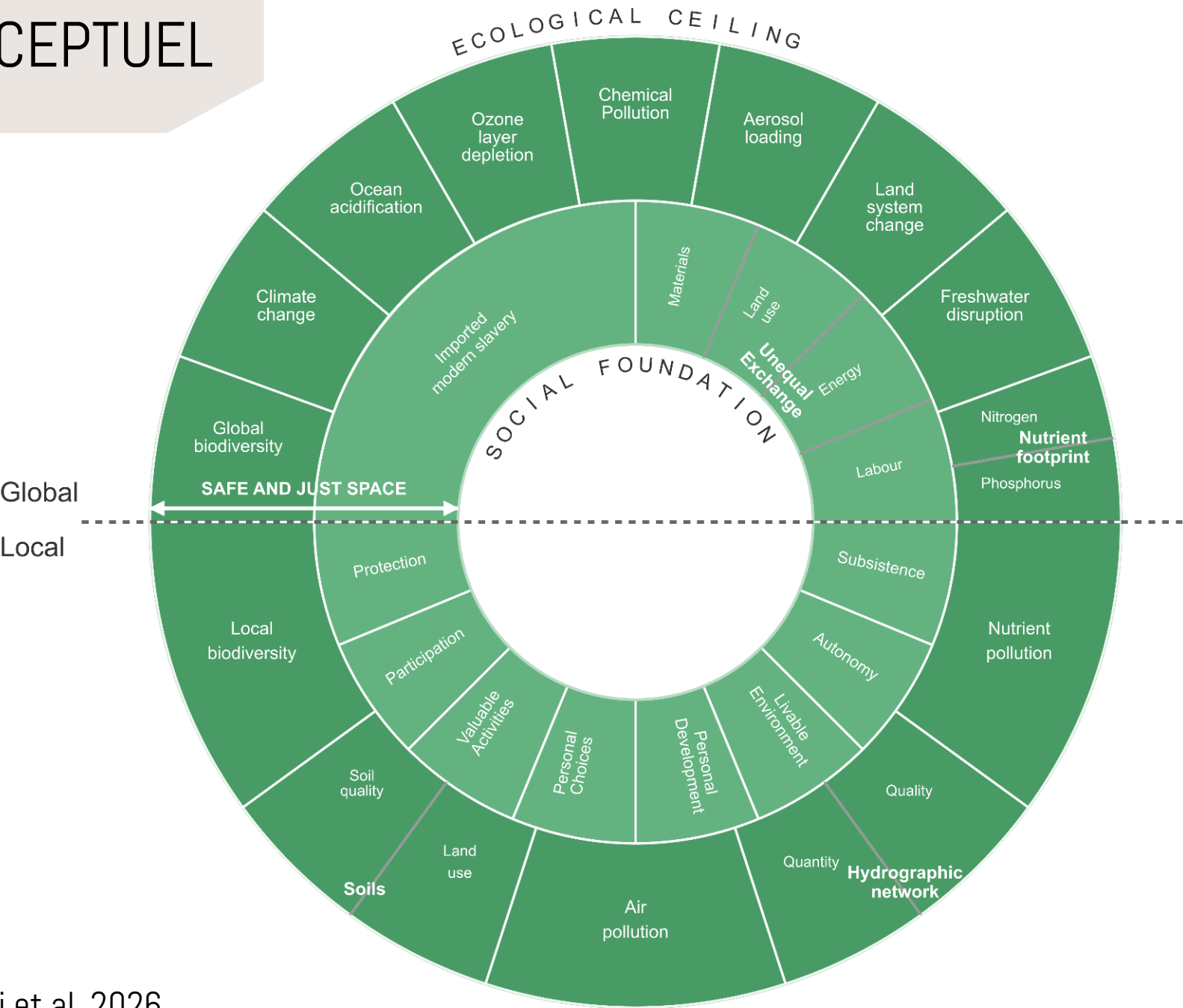
Objective : Use the Doughnut as a socio-metabolic dashboard to evaluate multi-policies scenarios to bring the Swiss Economy below the planetary boundaries while insuring wellbeing for all and social justice toward 2050.

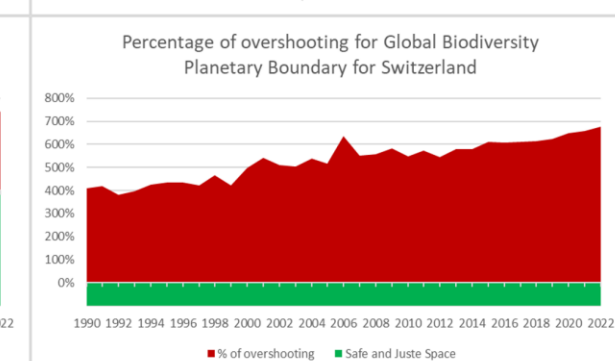
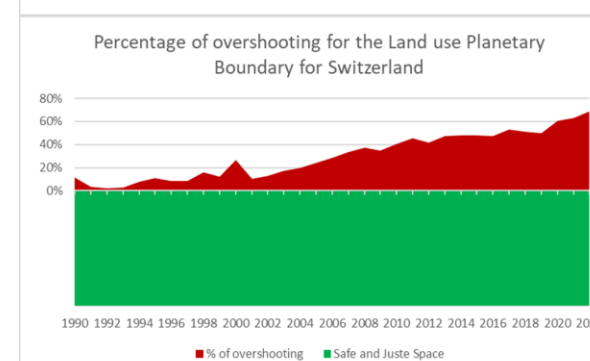
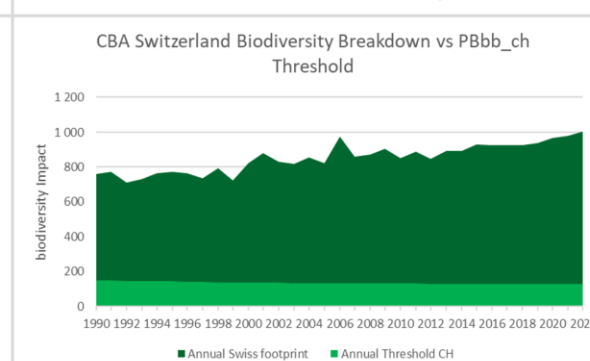
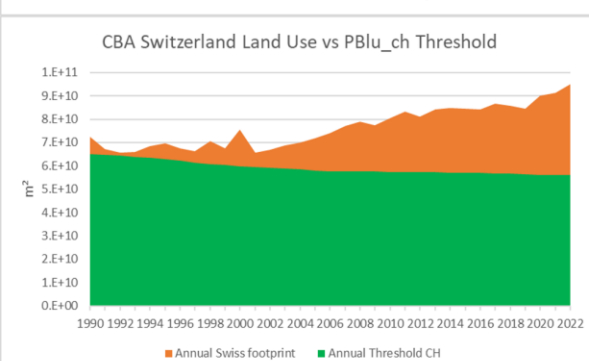
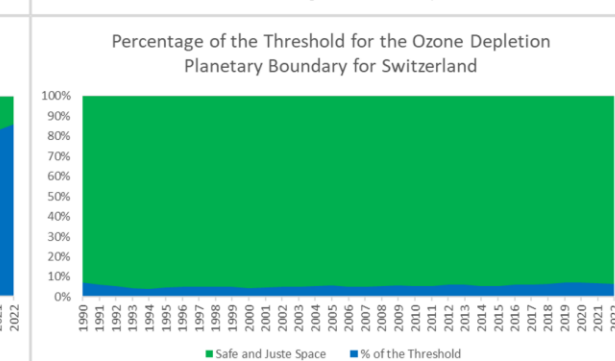
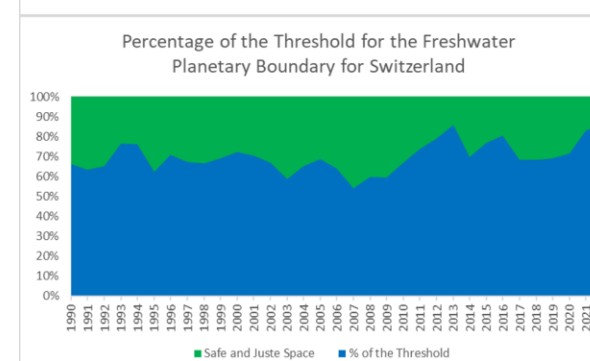
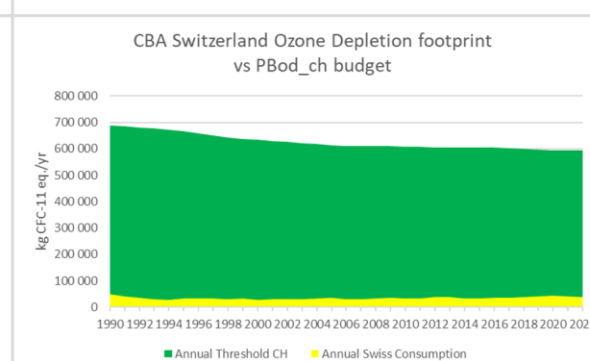
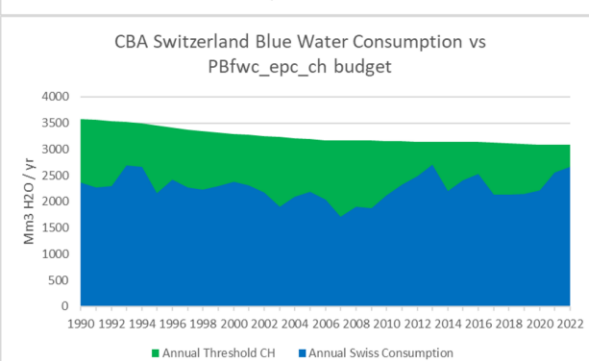
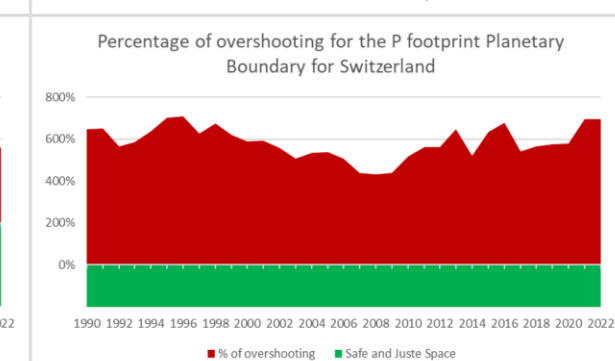
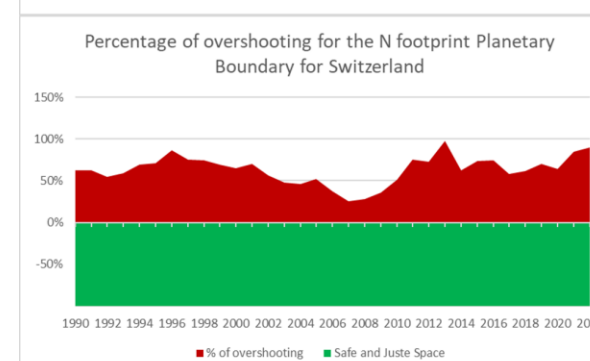
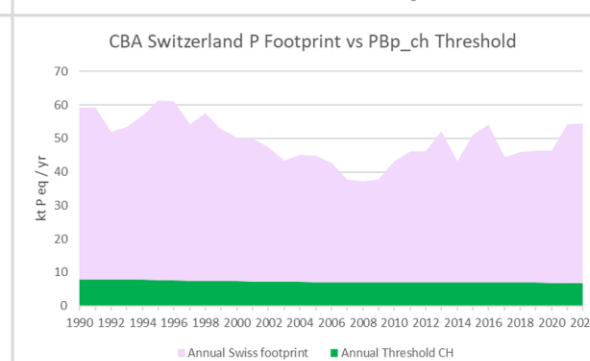
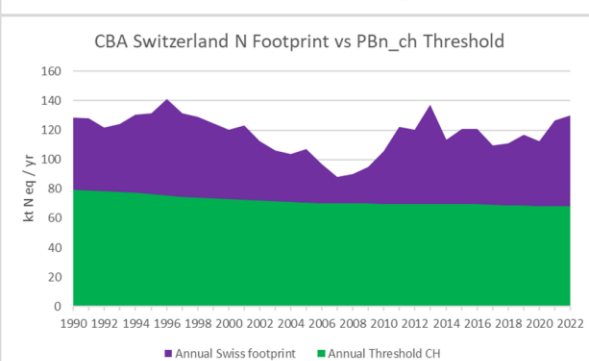
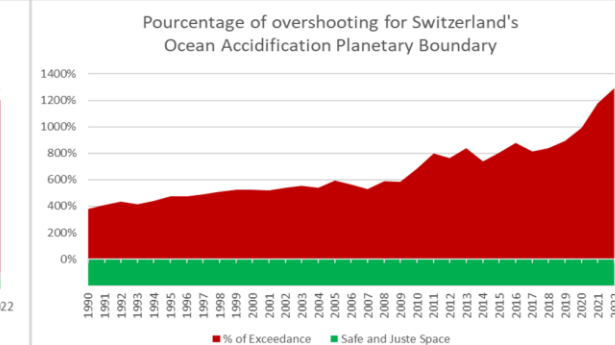
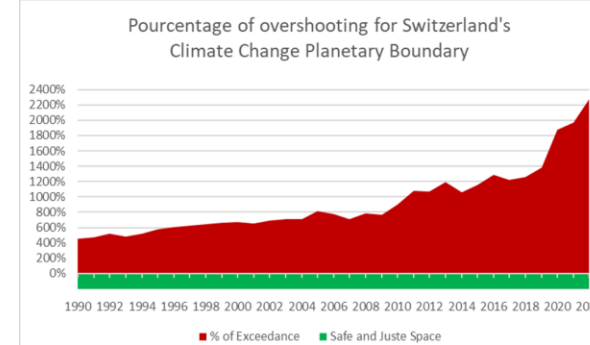
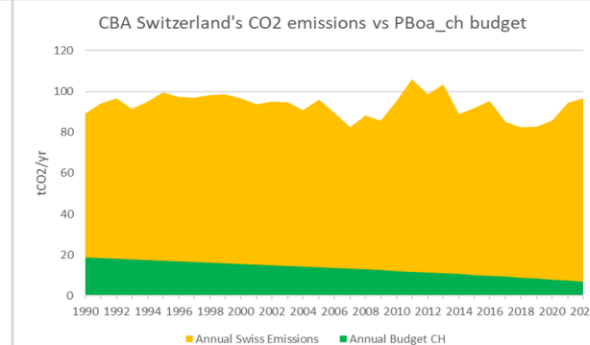
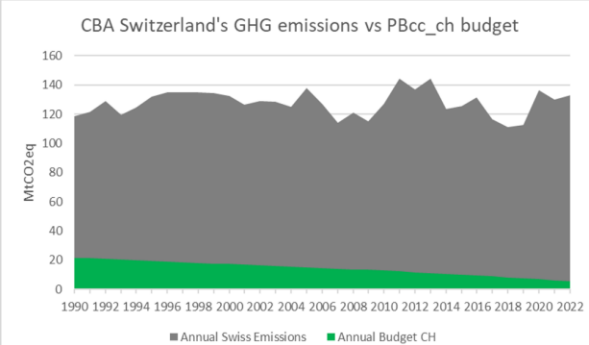




	Local <i>State indicators and territorial approach</i>	Global <i>Pressure indicators and consumption approach</i>
Ecological	What is the <u>state</u> of the five 'regional' Planetary Boundaries in our region?	How much <u>pressure</u> does our region's consumption place on the Planetary Boundaries?
Social	What is the <u>state</u> of basic human needs' satisfaction in our region?	How much <u>pressure</u> does our region's consumption place on basic needs of humans abroad?

Table. 1 – New Doughnut 4 Lenses



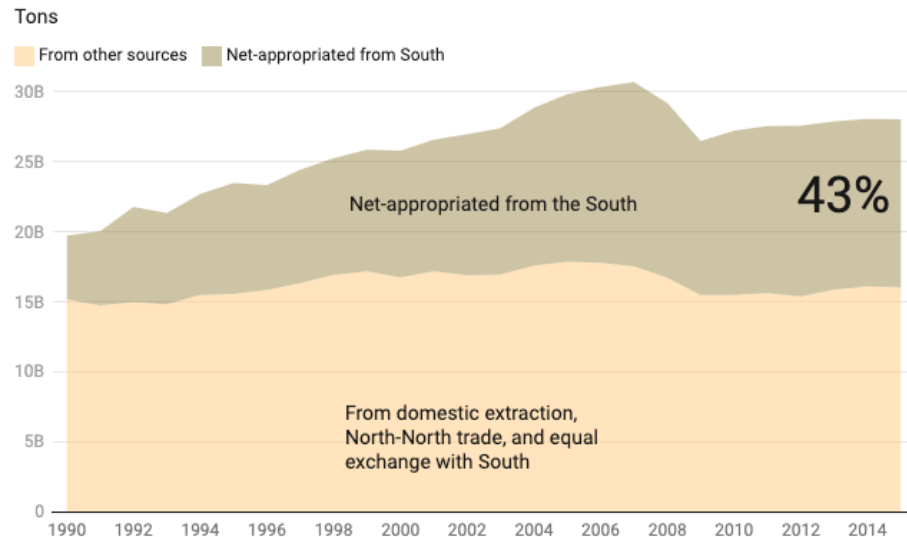


SOCIAL GLOBAL

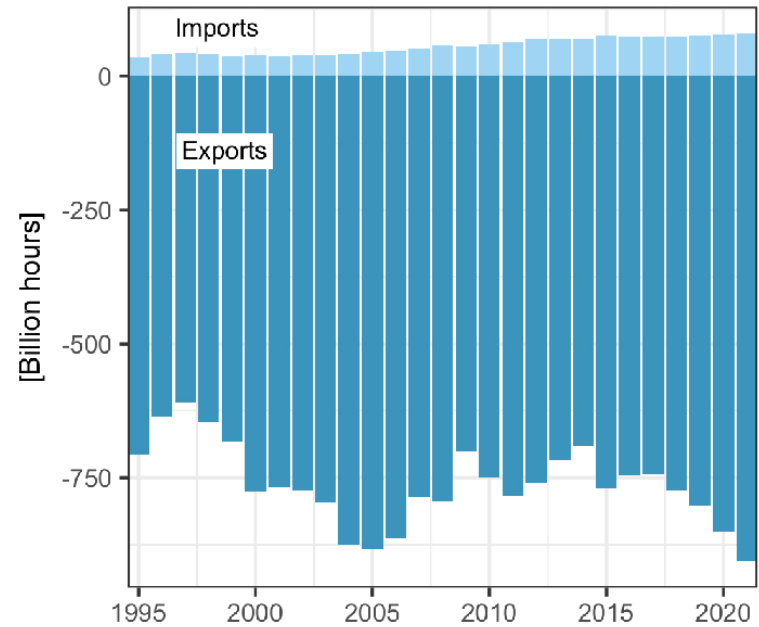
Litterature on Unequal Exchange

- Unequal trades
- Drain from the Global South
- % of Drain in consumption
- Apply it to Switzerland
- Threshold : Zero deprivation

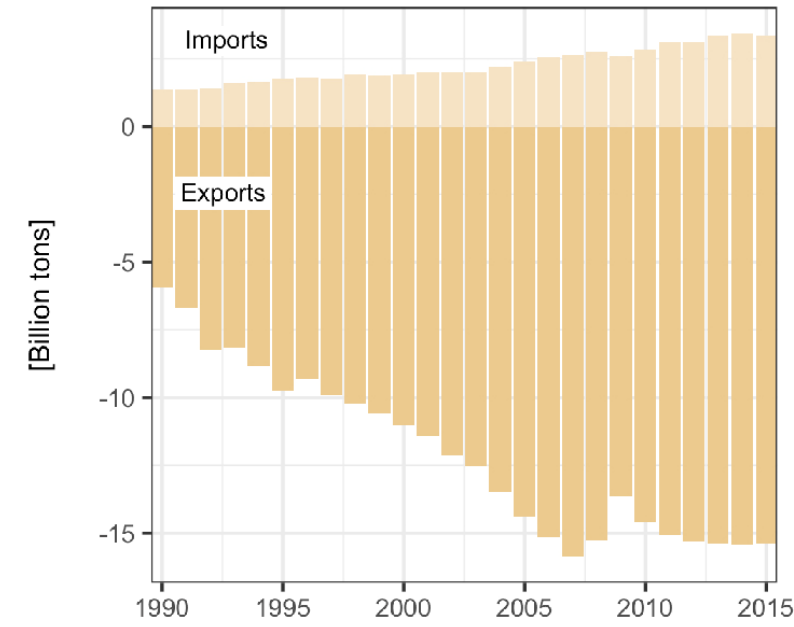
Northern consumption of materials



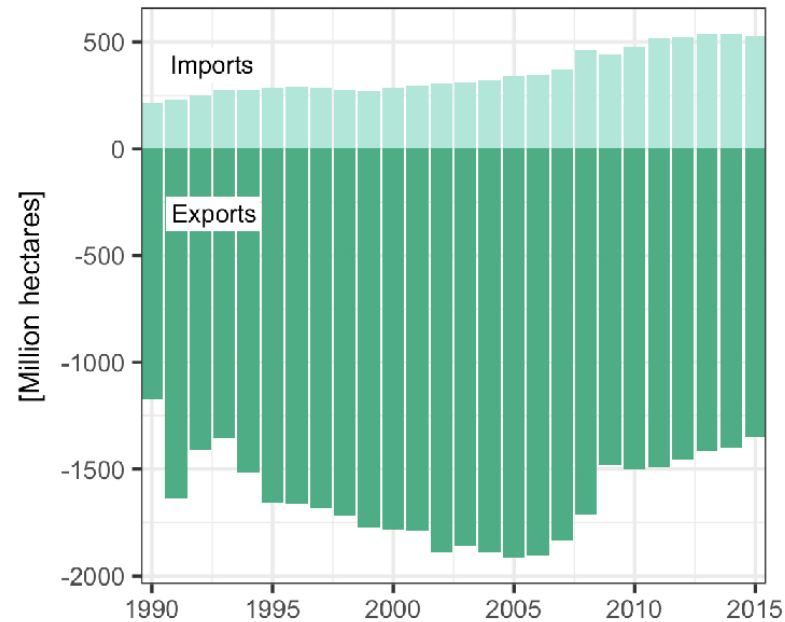
embodied labour



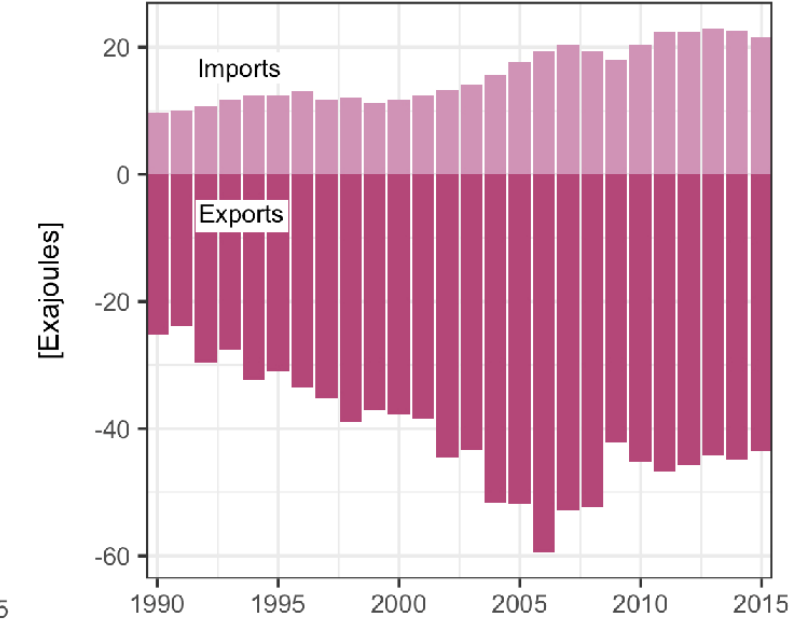
raw material equivalents



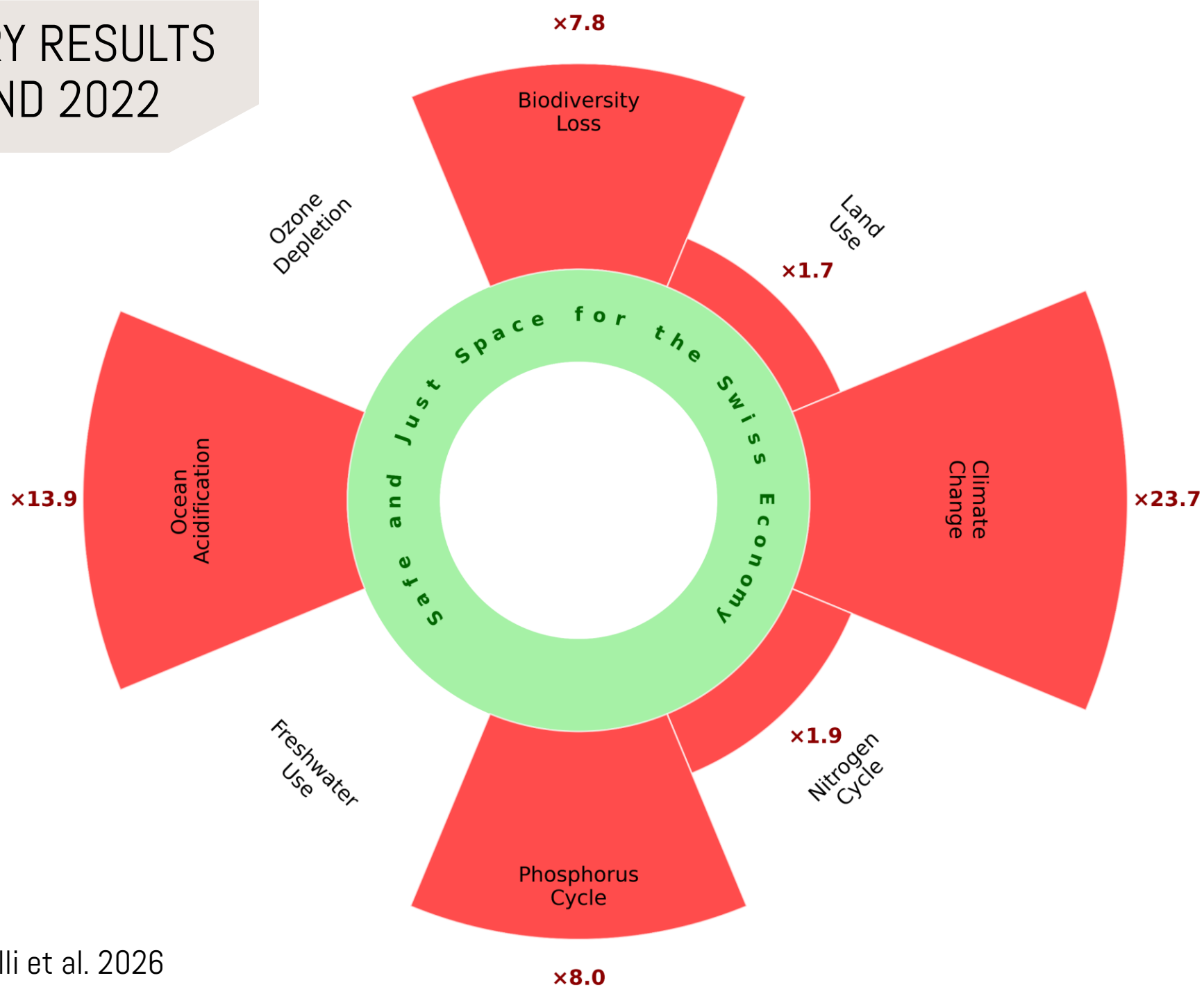
embodied land



embodied energy



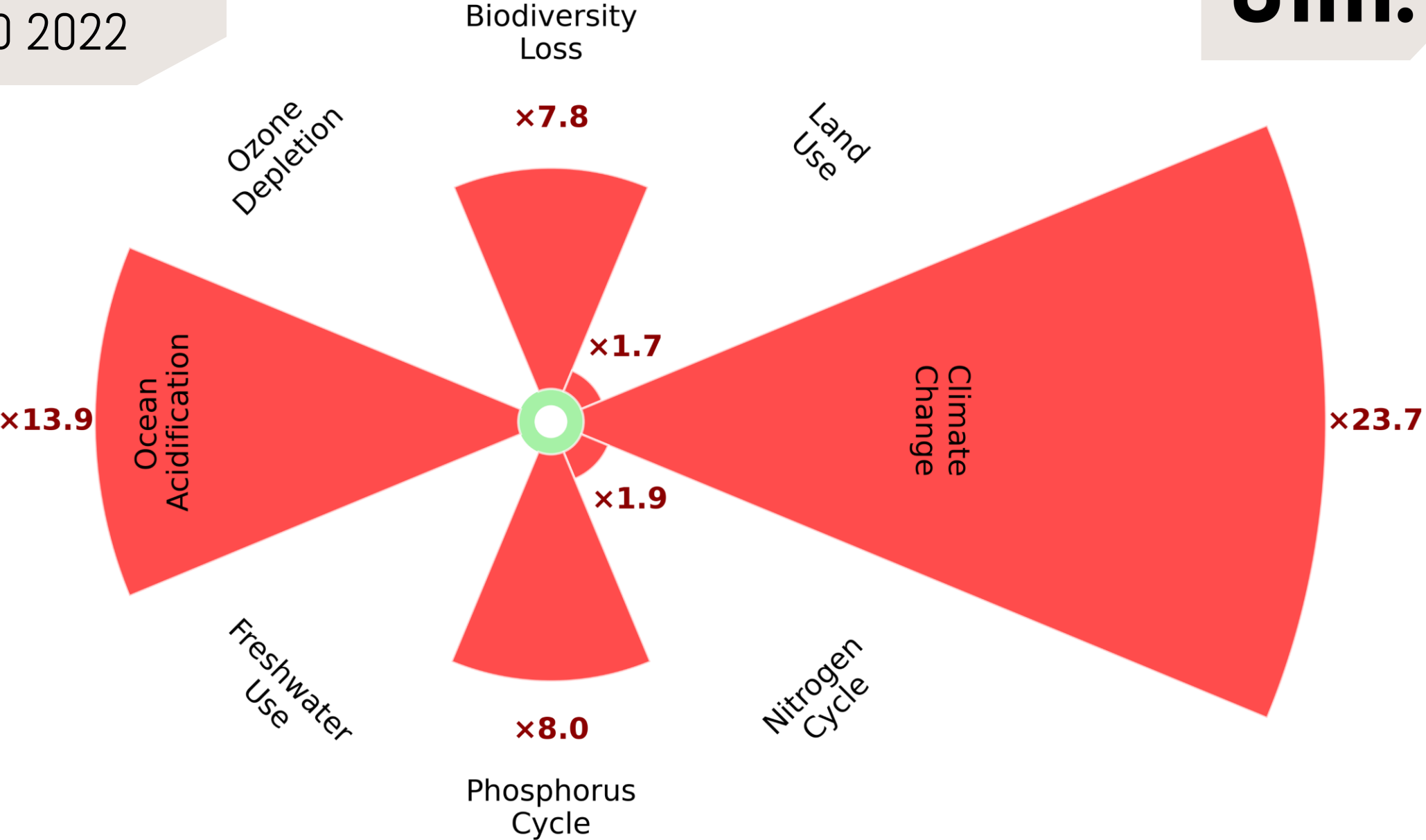
PRELIMINARY RESULTS
SWITZERLAND 2022



Source : Davy--Guidicelli et al. 2026

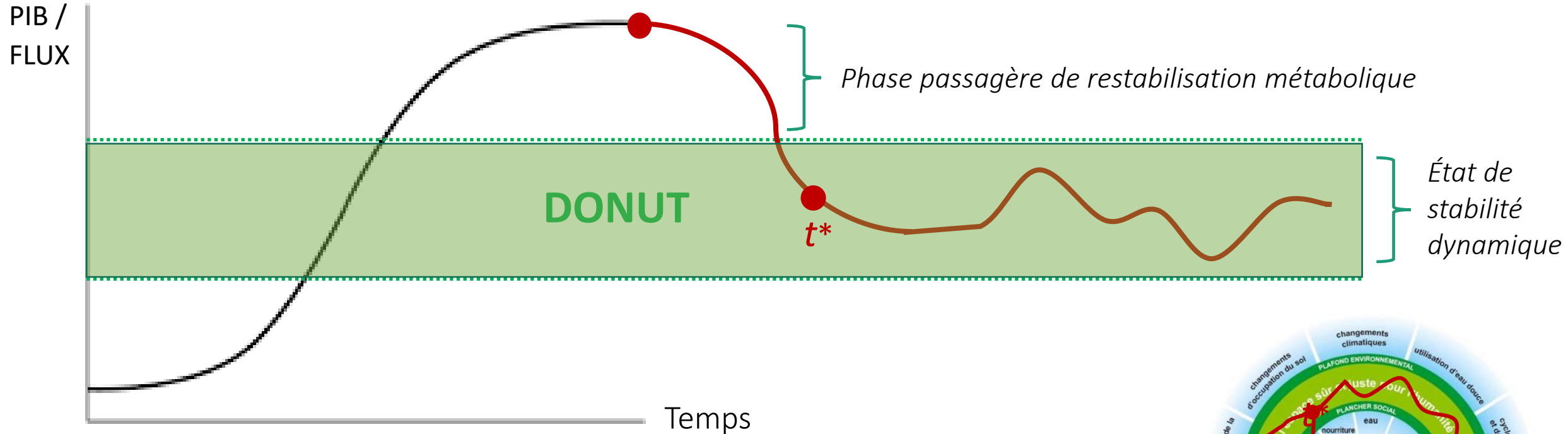
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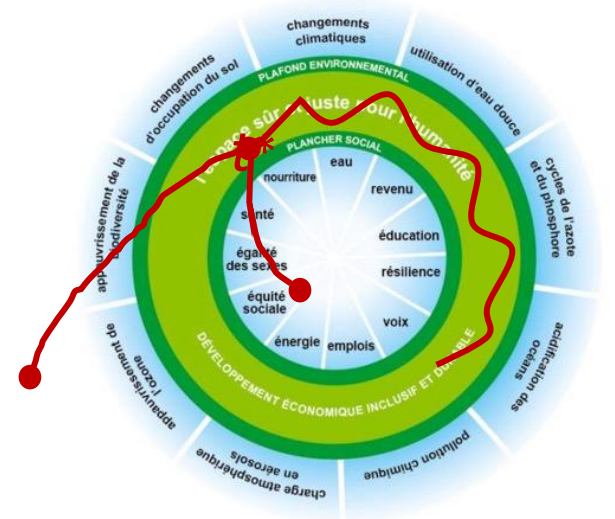
Source : Davy--Guidicelli et al. 2026

VIVRE DANS LE DONUT ?



Giorgos Kallis (2018) : Il nous faut ...

« ... une trajectoire durant laquelle le “débit” (flux d’énergie, de matières et de déchets) d’une économie diminue tandis que le bien-être s’améliore »





**PLACE POUR UN VOYAGE
VERS UN FUTUR DÉSIRABLE**

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